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Nutri - Topics

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Educator

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Food Composition

Books and Miscellaneous Publications (in order by year)

Bowes and Church's Food Values of Portions Commonly Used. 16th ed. Jean A.T. Pennington. Philadelphia, PA: Lippincott. 1992.

Encyclopedia of Food Values. Connie T. Netzer. New York, NY: Dell Publishing. 1992. 805 pp.

Nutrient Data Bank Directory. 8th ed. Jack L. Smith. Newark, DE: University of Delaware. Available from: University of Delaware, Dept. of Nutrition and Dietetics, Alison Hall, Newark, DE 19715-3360. 1992. 45 pp.

The Complete Book of Food Counts. 2nd ed. Corinne T. Netzer. New York, NY: Dell Publishing. 1991. 616 pp.

The Complete Revised and Updated Fast-Food Guide: What's Good, What's Bad, and How to Tell the Difference. Michael Jacobson and Sarah Fritschner. New York, NY: Workman Pub. 1991. 333 pp.

Convenience Food Facts: Help for Planning Quick, Healthy, and Convenient Meals. 3rd ed. Arlene Monk and Marion J. Franz. Minneapolis, MN: International Diabetes Center. 1991. 457 pp.

The resources listed are judged to be available and accurate. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

McCance and Widdowson's the Composition of Foods. 5th ed. B. Holland, et al. Cambridge: UK. Royal Society of Chemistry. 1991. 462 pp.

Nutritional Cereal Counter; Over 250 Ready-to-Eat Cereals. St.Paul, MN: Product Information and Analysis. 3rd Quarter, 1991- . Revised quarterly.

Food Finder. 2nd ed. Elizabeth S. Hands. Salem, OR: ESHA Research. 1990. 244 pp.

U.S. Government Publications

Microcomputer Software Collection. Natalie Updegrove. Beltsville, MD: National Agricultural Library. December 1992. 58 pp.

To purchase the publications listed below, contact a local Government Printing Office or contact: Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402. (202) 783-3238. These publications are also available in machine-readable form.

Composition of Foods... Raw, Processed, Prepared. U.S. Dept. of Agriculture, Human Nutrition Information Service. Washington, DC: U.S. Government Printing Office. 1976- . 21 vols. and supplements 1989-91. (Agriculture Handbook AH-8-1 through AH-8-21, 1989 Suppl., 1990 Suppl., 1991 Suppl.)

AH-8-1	<u>Dairy and Egg Products</u> Linda P. Posati, Martha Louise Orr	158 pp.	Rev. 1976
AH-8-2	<u>Spices and Herbs</u> Anne C. Marsh, Mary K. Moss, Elizabeth W. Murphy	51 pp.	Rev. 1977
AH-8-3	<u>Baby Foods</u> Susan E. Gebhardt, Rena Cutrufelli, Ruth H. Matthews	255 pp.	Rev. 1978
AH-8-4	<u>Fats and Oils</u> James B. Reeves III, John L. Weihrauch	142 pp.	Rev. 1979
AH-8-5	<u>Poultry Products</u> Linda P. Posati	330 pp.	Rev. 1979
AH-8-6	<u>Soups, Sauces, and Gravies</u> Anne C. Marsh	228 pp.	Rev. 1980
AH-8-7	<u>Sausages and Luncheon Meats</u> Martha Richardson, Linda P. Posati, Barbara A. Anderson	92 pp.	Rev. 1980
AH-8-8	<u>Breakfast Cereals</u> Judith S. Douglass, Ruth H. Matthews, Frank N. Hepburn	160 pp.	Rev. 1982
AH-8-9	<u>Fruits and Fruit Juices</u> Susan E. Gebhardt, Rena Cutrufelli, Ruth H. Matthews	283 pp.	Rev. 1982
AH-8-10	<u>Pork Products</u> Barbara A. Anderson	206 pp.	Rev. 1992

AH-8-11	<u>Vegetable and Vegetable Products</u> David B. Haytowitz, Ruth H. Matthews	502 pp.	Rev. 1984
AH-8-12	<u>Nut and Seed Products</u> Marie A. McCarthy, Ruth H. Matthews	137 pp.	Rev. 1984
AH-8-13	<u>Beef Products</u> Barbara A. Anderson, I. Margaret Hoke	412 pp.	Rev. 1990
AH-8-14	<u>Beverages</u> Rena Cutrufelli, Ruth H. Matthews	173 pp.	Rev. 1986
AH-8-15	<u>Finfish and Shellfish Products</u> Jacob Exler	192 pp.	Rev. 1987
AH-8-16	<u>Legumes and Legume Products</u> David B. Haytowitz, Ruth H. Matthews	156 pp.	Rev. 1986
AH-8-17	<u>Lamb, Veal, and Game Products</u> Barbara A. Anderson	251 pp.	Rev. 1989
AH-8-18	<u>Baked Products</u> Jean E. Stewart, Junko Alice Tamaki	467 pp.	Rev. 1992
AH-8-19	<u>Snacks and Sweets</u> Rena Cutrufelli, Pamela R. Pehrsson	341 pp.	Rev. 1991
AH-8-20	<u>Cereal Grains and Pasta</u> Dennis L. Drake, Susan E. Gebhardt, Ruth H. Matthews	137 pp.	Rev. 1989
AH-8-21	<u>Fast Foods</u> Lynn E. Dickey, John L. Weihrauch	194 pp.	Rev. 1988
AH-8	<u>1989 Supplement</u>	101 pp.	Rev. 1990
AH-8	<u>1990 Supplement</u>	230 pp.	Rev. 1991
AH-8	<u>1991 Supplement</u>	183 pp.	Rev. 1992

Calories and Your Weight: The USDA Pocket Guide. Rev. U.S. Department of Agriculture. Agricultural Information Bulletin No. 364. 1990. 114 pp.

Nutritive Value of Foods. Rev. U.S. Dept. of Agriculture, Home and Garden Bulletin No. 72. 1991. 72 pp.

Sugar Content of Selected Foods: Individual and Total Sugars. Ruth H. Matthews, Pamela R. Pehrsson, and Mojgan Farhat-Sabet. U.S. Department of Agriculture. Home Economics Research Report No. 48. 1987. 39 pp.

All provisional tables are available from Nutrient Data Research Branch, Federal Bldg., 6505 Belcrest Rd., Hyattsville, MD 20782. (301)436-8491.

Provisional Table on Percent Retention of Nutrients in Food Preparation. Slightly rev. Sharon L. Garland. April 1984.

HNIS/PT-103 Provisional Table on the Content of Omega-3 Fatty Acids and Other Fat Components in Selected Foods. Slightly rev. Jacob Exler and John L. Weihrauch. May 1986.

HNIS/PT-101 Provisional Table on the Fatty Acid and Cholesterol Content of Selected Foods. Rev. John L. Weihrauch. 1988.

HNIS/PT-108 Provisional Table on the Vitamin D Content of Foods. John L. Weihrauch and Junko Tamaki. Oct. 1991.

HNIS/PT-104 Provisional Table on the Vitamin K Content of Foods. Rev. John L. Weihrauch and Shanthy A. Bowman. June 1990.

HNIS/PT-109 Provisional Table on the Selenium Content of Foods. Susan E. Gebhardt and Joanne M. Holden. Dec. 1992.

Journal Articles (in alphabetical order)

"Cereal: breakfast food or nutritional supplement?" *Consumer Reports*, 54 (10) : 638-643. 1989.

"Comparison of six microcomputer dietary analysis systems with the USDA nutrient data base for standard reference." David C. Nieman, et al. *Journal of the American Dietetic Association*, 92:48-56. 1992.

"More than 100 frozen dinners worth heating." *Tufts University Diet & Nutrition Letter*, 8 (2): 3-6. 1990.

"Nutrient data banks-their role in nutrition today." Special report on a symposium sponsored by the American Association of Cereal Chemists Nutrition Division at the AACC's 74th Annual Meeting in Washington, DC, October 1989. *Cereal Foods World*, 35(7): 653-659. 1990.

"Problems in nutritional analysis." J. O'Brien. *Trends in Food Science Technology*, 2 (11): 283-285. 1991.

"Where's the fat?" *Consumer Reports*, 55 (3): 158-159. 1990.

"Yogurt: diet food or dessert?" *Consumer Reports*, 56 (5): 323-325. 1991.

Contacts for Assistance

Local Contacts (Listed in the telephone directory)

Ask for the:

County or State Extension Service Home Economist

College or University
Dept. of Home Economics,
Dietetics, Food Science or Nutrition Instructor

National Contacts

Food and Nutrition Information Center, National Agricultural Library,
USDA, 10301 Baltimore Blvd., Room 304, Beltsville, MD 20705. (301) 504-5414.

Food companies, grocery chains, and restaurant franchises - contact the
companies consumer affairs department concerning nutrient and energy
(caloric) content of their products. Check food labels for addresses.

Nutrient Data Research Branch, Nutrition Monitoring Division, Human
Nutrition Information Service, U.S. Department of Agriculture, Rm. 315
Federal Bldg., 6505 Belcrest Rd., Hyattsville, MD 20782. Telephone:
(301) 436-8491.

Penn State Nutrition Center, The Pennsylvania State University, Ruth
Building, 417 E. Calder Way, University Park, PA 16801-5663. (814) 865-6323.

Nutrient Data Bank Bulletin Board. A service maintained by USDA-
HNIS to provide information on its publications and data files. A number of
data files are also available for downloading. You need a Personal Computer
(PC), a modem, and a communications package. The phone number is (301)
436-5078. The information and data files on the Bulletin Board are also
available through Internet. To access the data through Internet type:

telnet info.umd.edu

at your system prompt. The logon ID is **info**, press return or enter when
prompted for the password. Food composition data is under **NutrientData** in
the Government directory under **US** in the Info menu system.

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